

DIVISION OF BEHAVIORAL HEALTH AND RECOVERY  
OFFICE OF PROGRAM SERVICES  
PROGRAM PROFILE

## Safe Babies, Safe Moms (SBSM)

**Date Program Profile Updated:** January 2010

**Who Can I Contact At DBHR For More Information?**

*Primary*

Sue Green  
Family Services Manager  
(360) 725-3732  
[sue.green@dshs.wa.gov](mailto:sue.green@dshs.wa.gov)

*Secondary*

Michael Langer  
Prevention and Treatment Services Supervisor  
(360) 725-3740  
[michael.langer@dshs.wa.gov](mailto:michael.langer@dshs.wa.gov)

**What Is The Comprehensive Program Evaluation Project?**

Safe Babies, Safe Moms, also known as the Comprehensive Program Evaluation Project (CPEP), serves substance abusing pregnant, postpartum, and parenting women (PPW) and their children from birth-to-three at sites in Snohomish, Whatcom, and Benton-Franklin Counties. Safe Babies, Safe Moms represents a state-level consortium formed by the Division of Behavioral Health and Recovery (DBHR), and including the Department of Social and Health Services' Children's Administration, Economic Services Administration, Medical Assistance Administration, and Research and Data Analysis, and the Department of Health. The purpose of the consortium was to respond to the disturbing number of births of alcohol- and drug-affected infants.

Safe Babies, Safe Moms provides a comprehensive range of services, with a goal of stabilizing women and their young children, identifying and providing necessary interventions, and assisting women in gaining self-confidence as they transition from public assistance to self-sufficiency.

- A specialized Targeted Intensive Case Management (TICM) multidisciplinary team serves each Safe Babies, Safe Moms site. TICM provides referral, support, and advocacy for substance abuse treatment and continuing care. TICM assists women in accessing and using local resources such as family planning, safe housing, healthcare, domestic violence services, parenting skills training, child welfare, childcare, transportation, and legal services. Mental health screening, assessment, and treatment are also provided or a referral is made to appropriate services.
- Safe Babies, Safe Moms long-term residential treatment provides a positive recovery environment with structured clinical services. Treatment centers are staffed by qualified addiction treatment personnel who provide a planned regimen of patient care in a 24-hour, live-in setting. Ongoing assessment identifies current status and needs in financial, environmental, psychosocial, developmental, educational, behavioral, and emotional domains.
- While mothers are in residential treatment, therapeutic childcare is provided for their children. Additional services may focus on domestic violence, childhood sexual

**DIVISION OF BEHAVIORAL HEALTH AND RECOVERY  
OFFICE OF PROGRAM SERVICES  
PROGRAM PROFILE**

abuse, linkages to medical care and legal advocacy, mental health issues, employment skills and education, and provision of safe, affordable drug-free housing.

- Safe Babies, Safe Moms provides housing support services for women and children, who stay up to 18 months in a transitional house. Recovery support and linkages to community-based services are provided. Women are eligible for housing support services if they are pregnant, postpartum, or parenting at the time they enter transitional housing; currently in treatment for chemical dependency or have completed treatment within the last 12 months; at or below 220% of the federal poverty level (FPL); and not actively using alcohol or other drugs.
- Research and Data Analysis conducted an evaluation at the end of the pilot project to see whether access to a comprehensive array of services delivered in a targeted and integrated fashion leads to better outcomes for both mothers and children. Outcomes (January 2004) of the women and families involved in Safe Babies, Safe Moms include:
  - ▶ The low birth weight rate for infants born after program entry decreased by 66%, compared to those born before program entry.
  - ▶ The rate of accepted CPS referrals during the first year of life decreased by 35% for infants whose mothers enrolled in Safe Babies, Safe Moms before delivery compared to those enrolled after delivery.
  - ▶ Criminal justice involvement of Safe Babies, Safe Moms clients is extensive, with an average of 1.5 arrests per woman in the two years before program entry. A decrease of more than 50% in the arrest rate was observed for clients with chemical dependency treatment.
  - ▶ Two-thirds of Safe Babies, Safe Moms clients (67.5%) received at least one Medicaid-paid family planning method in the year after enrollment. At one year follow-up, one-third (34%) received non-reversible or more effective methods.

**What Populations Are Served And/Or Who Is Eligible For These Services?**

Safe Babies, Safe Moms is available to high-risk substance-abusing women with young children or women who abuse alcohol and/or other drugs during pregnancy, with incomes at or below 220% FPL or eligible for Medicaid, and who are not successfully accessing community resources.

**How Many People Are Served Each Biennium?**

Annually, 250 slots are available for women and their children who will receive services at the Snohomish, Whatcom, and Benton-Franklin County sites.

**What Is The Biennial Funding Amount And Source(s)?**

For the 2009-11 Biennium, approximately \$3.2 million is budgeted for Safe Babies, Safe Moms Targeted Intensive Case Management by DBHR. These funds are a combination of Medicaid and state dollars.

DIVISION OF BEHAVIORAL HEALTH AND RECOVERY  
OFFICE OF PROGRAM SERVICES  
PROGRAM PROFILE

**What Would Be The Impact If These Services Were No Longer Available?**

A comprehensive means of working with substance-abusing mothers and their children would be lost. Many of these mothers are the most difficult to treat and therefore need additional resources to assist them in following through in their recovery. Without this program there would be an increase in the number of alcohol- and drug-affected infants, low-weight newborns, and need for child protective services.

**What Agencies Collaborate With DBHR To Deliver The Service?**

Safe Babies, Safe Moms works closely with community service providers to ensure services are available and accessible to meet the needs of women and their families. Many agencies work as referral sources and notify TICMs of eligible clients for participation in the program. TICMs work closely with the Pregnant and Parenting Women (PPW) residential and housing support services programs. Safe Babies, Safe Moms collaborates with outpatient treatment programs, Child Protective Services, local court systems, and other providers as needed.

**What Are The Sources For Program Data Or More Information?**

***Snohomish / Whatcom County***

**TICM:**

*Pacific Treatment Alternatives (Snohomish)*

Contact: Jim Mattson

425-259-7142

*Brigid Collins House (Whatcom)*

Contact: Kathryn Lyons

360-734-4616

**PPW Housing Support Services:**

*Catholic Community Services (Snohomish)*

Contact: Vicki Howell

425-258-5270

*Brigid Collins House (Whatcom)*

Contact: Kathryn Jarrett

360-734-4616

**PPW Residential Treatment:**

*Evergreen Manor*

Contact: Linda Grant

425-258-2407

***Benton-Franklin Counties***

**TICM:**

*Benton-Franklin Health District*

Contact: Sandy Owen

509-460-4211

**PPW Housing Support Services:**

*Casita del Rio*

Contact: Beth Dannhardt

509-248-1800

**PPW Residential Treatment:**

*Casita del Rio*

Contact: Beth Dannhardt

509-248-1800